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How to Quit Smoking Without Gaining Weight (American Lung Association)

The American Lung Association

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The American Lung Association

How to Quit Smoking Without Gaining Weight (American Lung Association) The American Lung Association
Do you rely on smoking to keep your weight in check?
Are you afraid to quit smoking because you're worried about gaining weight?
Have you gained weight after quitting smoking...and gone back to smoking with hopes of losing the weight?
If you answered YES to any of these questions, it's time to learn
HOW TO QUIT SMOKING WITHOUT GAINING WEIGHT
Based on the American Lung Association's smoking cessation program, here is expert advice on how to quit smoking in a healthy way that allows you to kick the habit without ruining your waistline. This groundbreaking book will show you:

1. How quitting smoking can add years to your life
2. Why vegetables and fruits are the most important foods to eat while you're quitting
3. How to add more physical activity to your day
4. Which foods to turn to during a nicotine craving
5. How to stay motivated, even during tough times

...and dozens of other strategies that can help you to work with your cravings -- instead of against them -- to attain a healthy and fit smoke-free life.
Includes meal plan suggestions, recipes, and snack ideas!

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From reader reviews:

Jillian Diaz:

This How to Quit Smoking Without Gaining Weight (American Lung Association) book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this guide incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. That How to Quit Smoking Without Gaining Weight (American Lung Association) without we know teach the one who examining it become critical in considering and analyzing. Don't become worry How to Quit Smoking Without Gaining Weight (American Lung Association) can bring any time you are and not make your tote space or bookshelves' turn into full because you can have it in your lovely laptop even mobile phone. This How to Quit Smoking Without Gaining Weight (American Lung Association) having fine arrangement in word as well as layout, so you will not feel uninterested in reading.

Everett Dean:

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